



# Self-Assessment of Personal Views on Health and Wellness

Beliefs, personal biases and cultural backgrounds impact each person's understanding of health and wellness. Use this tool to self-assess your own views on health and wellness, and the role of health and wellness in your 21<sup>st</sup> CCLC program.

## Health

- What do you think of when you see the word “health”?
- Do you see the word “health” and think of mental health?
- Does the term “health” equate only with physical health, which includes things like weight, cholesterol level, eyesight and hearing?
- Do you think health is something that's personal and private for families, or should it be discussed in out-of-school time programs?
- Do you feel comfortable discussing health with the students in your program?
- How do students' cultural backgrounds impact your ability to integrate health into programming?

## Wellness

- Do you see the word “wellness” and think of a person's social and emotional state?
- Do you see the word “wellness” and think of mental health?
- Do you see the word “wellness” and think of physical health?
- Do you think program staff members are open to talking with students about wellness?
- Are you comfortable talking about different dimensions of wellness, including mental and emotional health, within your program?
- Do you think wellness is something that's personal and private for families?
- Do you think wellness is within the scope of 21<sup>st</sup> CCLC programming?